

<p>I Can Watch/Self-Assess</p>	<p>I can watch others work.</p>	<p>I can watch and discuss my own and others work.</p> <p>I can identify and describe the difference between my own and others work.</p>	<p>I can describe my own and others work noting similarities and differences and I can make suggestions for improvements.</p>	<p>I can identify and act upon criteria to refine, improve and modify gymnastics actions and sequences.</p> <p>I can analyse gymnastics actions and sequences and suggest ways to improve quality of performance showing sound knowledge and understanding.</p>
<p>I Can be Safe in Gymnastics</p> <p>(This objective needs to be the first objective when using the apparatus)</p>	<p>I can recognise and negotiate space and I can handle small and/or low apparatus safely I can talk about ways to keep healthy.</p>	<p>I can safely perform a teacher led warm-up and cool down and I can use space safely showing an awareness of others.</p> <p>I can handle large apparatus safely and I can explain the need for a warm-up and cool down recognising what is happening to my body during exercise.</p>	<p>I can work safely, handling a range of hand, small and large apparatus and I can recognise changes in my body giving reasons why PE is good for health.</p>	<p>can demonstrate specific aspects of warm-up and cool down and describe the effects of exercise on the body.</p> <p>I can lead myself and others to warm up and cool down safely and appropriately for gymnastics activities.</p>
<p>End of Unit Core Task (1)</p>	<p>Fun Gym Shapes - Choose 2 or 3 fun gym shapes and link them together to make a short movement phrase. Make sure you hold each shape before moving onto the next shape.</p>	<p>Jumping Jacks - Choose 2 or 3 different jumping actions and link them together to make a short movement phrase on the floor and apparatus. Make sure you can remember and repeat your movement phrase.</p>	<p>Patterns and Pathways - Create and perform a floor sequence using travel and balance actions. Make sure the sequence includes an arm pattern, a whole-body movement pattern and a clear pathway.</p>	<p>Press and Go/Counterbalance - Create and perform a sequence of 6 – 8 actions which combines press and go actions with other actions. Make sure you show fluency, clear shapes, and variety in the ways you involve the apparatus.</p>

<p>End of Unit Core Task (2)</p>	<p>Move and Hold - Choose a position of stillness, an individual body movement and a way of travelling and link them to make a short movement phrase. Make sure you know what shapes you will make to start and finish.</p>	<p>Points of Contact - Choose at least 2 clear positions of stillness and combine them with other actions to create a short sequence of 3 – 4 actions. Make sure you show different points of contact in your chosen positions of stillness.</p> <p>Rock and Roll - Choose 2 – 3 different rocking and rolling actions and link them together into a short movement phrase. Make sure you move smoothly between the actions adding other actions to help as necessary.</p> <p>Ball, Wall and Tall - Using the floor and apparatus create and perform a sequence of 3 – 4 actions showing the contrasting shapes of ball, tall and wall. Make sure you link the actions smoothly and that you show actions performed on different levels. Work on low, high, and wide levels.</p>	<p>Principles of Balance - Create and perform a floor and apparatus sequence of 4 – 6 actions which combines balances with other actions. Make sure you apply the Principles of Balance so that you can perform your sequence with control.</p> <p>Hand Apparatus - Choose an item of hand apparatus (ball, ribbon, hoop) and use it to create and perform a sequence of 4 - 6 different actions. Make sure you show control and co-ordination of both your body movement and the hand apparatus and that you show variety in speed, level, and direction.</p> <p>Rotation Create - and perform a floor sequence of 4 – 6 actions combining the various types of rotational actions with other actions. Make sure your sequence shows control, quality and clarity and changes in speed, level, and direction.</p>	<p>Body Symmetry Create and perform a floor and apparatus sequence of at least 8 gymnastics actions showing a variety of clear symmetrical and asymmetrical shapes. Make sure you practice and refine the sequence to show consistency in the accuracy and quality of movements.</p> <p>Pair Composition - Create and perform a partner floor sequence linking 6 – 8 gymnastics actions. Make sure you develop the composition of the sequence in a variety of ways.</p> <p>Group Work - Create and perform a group floor and apparatus sequence of at least 8 actions including clear pair and group positions of stillness which you can perform consistently with smooth transitions. Make sure you develop the sequence using a variety of compositional ideas.</p>
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